



Meal Plans to Modify

Breakfast: 2 cups of coffee with whole milk and sugar, 2 doughnuts
Lunch: Sliced turkey sandwich with lettuce and mayonnaise on 2 slices of white bread, corn chips, 16 oz cola
Snack: 3 cups microwave buttered popcorn, 24 oz cola
Dinner: Baked chicken with skin, rice with gravy, steamed broccoli with cheese sauce, 8 oz sweet tea
Snack: 8 oz whole milk, 3 sugar cookies

Additional Menus

Menu #1

Breakfast: 8 oz orange juice, 1 large bowl (2 ½ cups) of raisin bran, 1 cup whole milk
Lunch: 24 oz cola, ¼ fried Chicken, 1 cup coleslaw
Dinner: 16 oz soda, double bacon cheeseburger with all the toppings, large side of French fries with ketchup
Snack: ½ cup roasted peanuts

Menu #2

Breakfast: Coffee with cream and a cinnamon roll
Lunch: Sweet tea, ¼ slab barbequed country ribs, 1 cup buttered corn, 1 cup baked beans
Dinner: 12 oz. sweet lemonade, 10 oz country fried steak with pan gravy, 1 cup green beans seasoned with bacon dripping and onion

Menu #3

Breakfast: 2 cups of coffee with sugar and whole milk
Lunch: 24 oz lemon-lime soda, 3 cheese enchiladas with whole milk sour cream, ½ cup refried beans
Dinner: Water, small green salad with 4 tbsp ranch dressing, 2 beef tacos with cheese and sour cream, 1 cup spicy Mexican rice
Snack: 6 pack of cheese / peanut butter crackers (Nabs)

Menu #4

Breakfast: Hot tea with sugar
Lunch: 12 oz sweet tea, chicken salad with mayonnaise, celery, and raisins
Dinner: 16 oz sweet tea, 2 pieces fried catfish, 1 cup rice pilaf, ½ cup boiled vegetables with butter or oil added
Snack: 1 pint of Rocky Road ice cream